

# Fundamental Principles of Microsurgical Anastomosis, Flap Designs and Tendon Repairs



# Fundamental Principles of Microsurgical Anastomosis, Flap Designs and Tendon Repairs

This hybrid course discussed the fundamental principles of microsurgical anastomosis, flap designs and tendon repairs. The theoretical component of the course was delivered via Zoom on Wednesday 10<sup>th</sup> July 2024 (1800-2100 hours), and the practical component took place at the College of Physicians and Surgeons of Cardiff, Cardiff Bay on Tuesday 16<sup>th</sup> July 2024 (0830-1800 hours).

Delegates used mounted simulators to practise the basics of microsurgery. They performed microsurgical repairs of nerves and vessels using animal models. They also performed local flaps and Z-plasty on animal models, as well as tendon repairs.

## Course Information

<b>Venue:</b>	<b>Theoretical Component Held via Zoom (10<sup>th</sup> July 2024) Practical Component Held at College of Physicians and Surgeons of Cardiff, Cardiff Bay (16<sup>th</sup> July 2024)</b>
<b>Date:</b>	<b>10<sup>th</sup> July 2024 16<sup>th</sup> July 2024</b>
<b>Attendance:</b>	<b>14 Delegates</b>
<b>Aimed at:</b>	<b>Core Surgical Trainees (CT1 and CT2) Specialty Trainees in Orthopaedic Surgery (ST3) Specialty Trainees in Plastic Surgery (ST3) Trust Doctors Clinical Fellows Non-Training Registrars in Plastic Surgery, Orthopaedic Surgery and Hand Surgery</b>
<b>Course Fee:</b>	<b>£275.00</b>



# Programme

## Theory Session - 10<sup>th</sup> July 2024 (1800 – 2100 hours)

### *Virtual Session Over Zoom*

1800 - 1805	Introduction
1805 – 1820	Reconstructive Ladder and Key Principles in Reconstructive Surgery
1820 - 1845	Principles and Techniques in Z-plasty
1845 - 1910	Key Principles in Designing Local Flaps
1910 - 1935	Key Principles in Flexor Tendon
1935 - 2000	Key Principles in Extensor Tendon Repair
2000 - 2030	Indications for Microsurgery and Key Principles in Replant Surgery
2030	End of Theory Session

## Practical Session - 16<sup>th</sup> July 2024 (0830 – 1800 hours)

*Doctors Academy Institute and College of Physicians and Surgeons of Cardiff, Cardiff Bay*

### **GROUP 1**

0845 – 0900	Introduction to Practical Sessions
0900 – 0950	Practical – Z Plasty
0950 - 1040	Practical - Local Flaps

**1040 - 1100** **Break for Refreshments**

1100 - 1150	Practical - Flexor Tendon Repairs
1150 - 1240	Practical – Extensor Tendon Repairs

**1240 - 1320** **Lunch**

## Programme

1320 - 1340 Setting-up Micro Instruments

1340 – 1410 Practice on Glove

1410 – 1520 Practical - Nerve Repair

### **1520 - 1540 Break for Refreshments**

1540 - 1710 Practical – Vessel Repair (Artery and Vein)

1710 – 1745 Questions, Summary and End of Course

### **GROUP 2**

0845 – 0900 Introduction to Practical Sessions

0900 - 0920 Setting-up Micro Instruments

0920 - 0950 Practice on Glove

0950 - 1100 Practical - Nerve Repair

### **1100 - 1120 Break for Refreshments**

1120 - 1250 Practical – Vessel Repair (Artery and Vein)

### **1250 - 1330 Lunch**

1330 - 1420 Practical – Z Plasty

1420 - 1510 Practical - Local Flaps

### **1510 - 1520 Break for Refreshments**

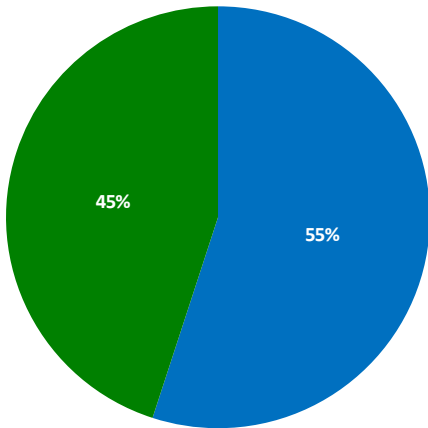
1520 - 1610 Practical - Flexor Tendon Repairs

1610 - 1710 Practical – Extensor Tendon Repairs

1710 – 1745 Questions, Summary and End of Course

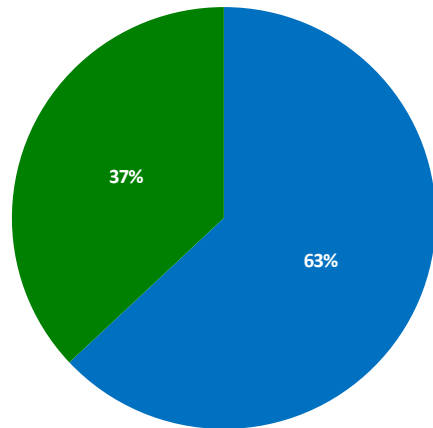
# Overall Feedback

How was the content of the course?



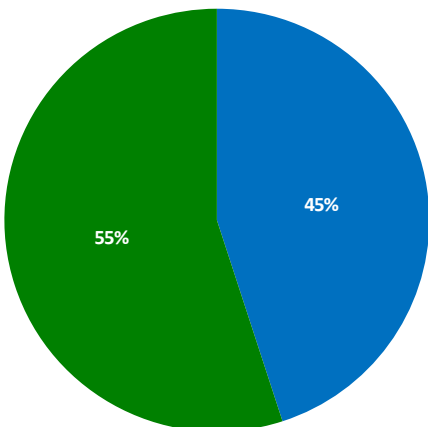
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the faculty?



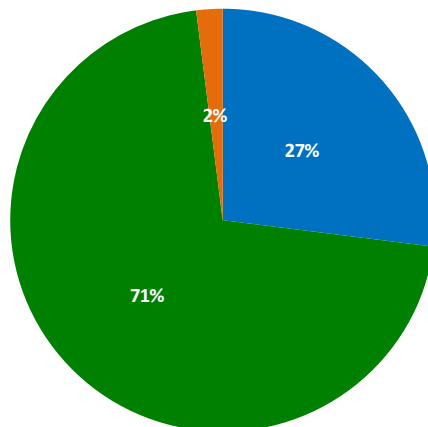
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the information provided?



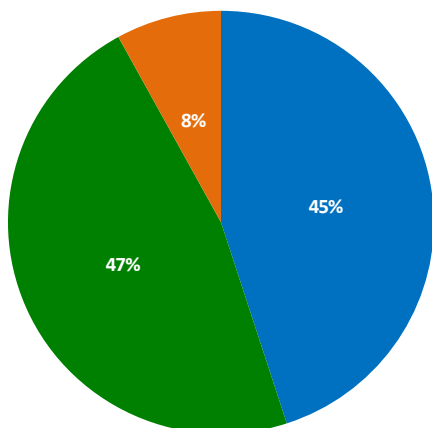
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did the course meet your objectives?



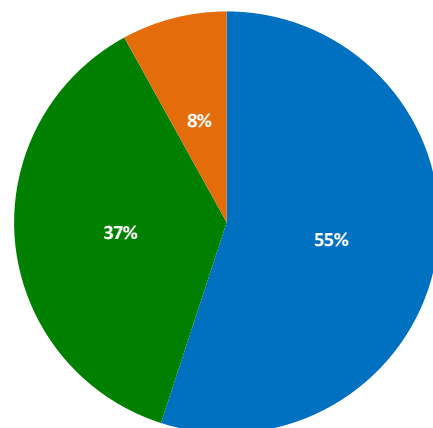
■ Most certainly ■ Certainly ■ Probably ■ A little ■ Not at all

Theory Session (via Zoom)



■ Excellent ■ Very Good ■ Good ■ Neutral ■ Poor

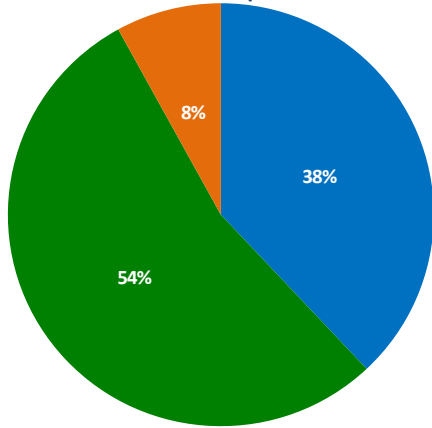
Practical Session – Z Plasty and Local Flaps



■ Excellent ■ Very Good ■ Good ■ Neutral ■ Poor

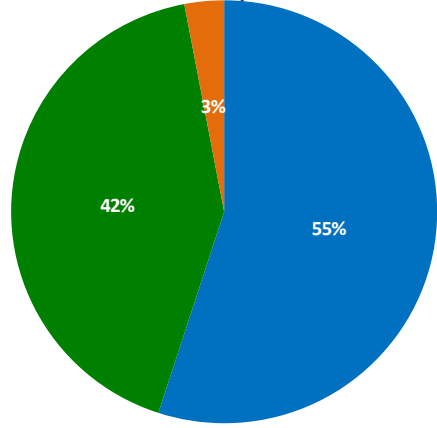
# Overall Feedback

Practical Session – Extensor and Flexor Tendon Repairs



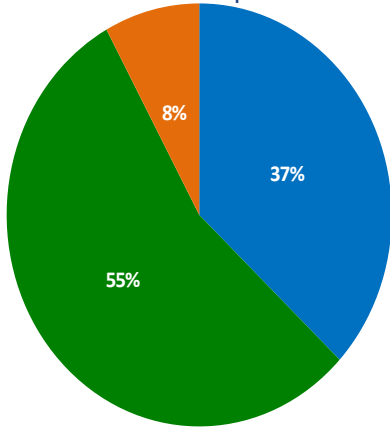
■ Excellent ■ Very Good ■ Good ■ Neutral ■ Poor

Practical Session - Microsurgical Nerve and Vessel Repairs



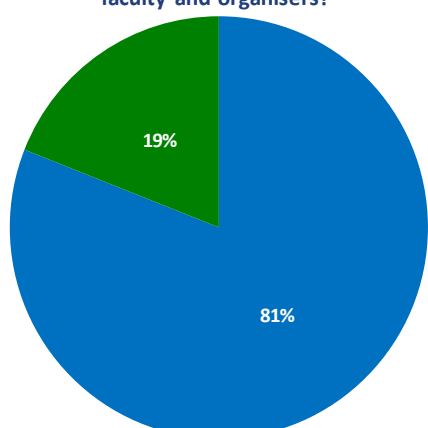
■ Excellent ■ Very Good ■ Good ■ Neutral ■ Poor

How would you rate the appropriateness of the Zoom platform for the theoretical component of this course?



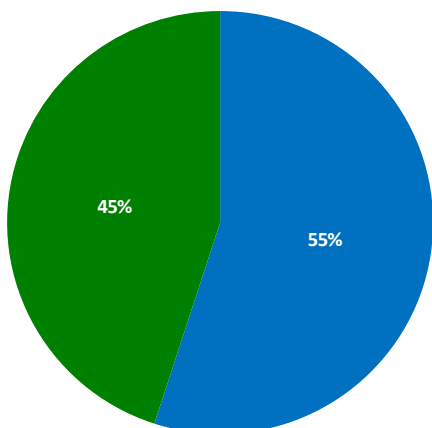
■ Excellent ■ Very Good ■ Good ■ Neutral ■ Poor

How was the general friendliness of the faculty and organisers?



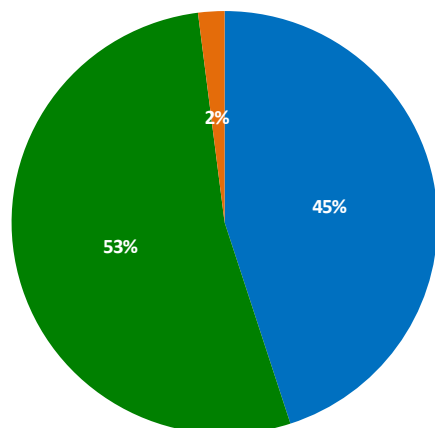
■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

Would you recommend this course to a friend?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Do you think that this course provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

## Individual Comments

Excellent experience performing tendon repair on real animal tissue, very useful to practice with micro instruments in a friendly environment.

**AP**  
*Royal Preston Hospital, Preston, UK*

Good course on basics of flaps and microsurgery. Recommend for beginners.

**SY**  
*University Hospital Birmingham NHS, UK*

Excellent course.

**PN**  
*Evelina Hospital, London, UK*

Excellent.

**SM**  
*Nottingham City NHS Trust, UK*

Very good , interactive and friendly environment.

**AH**  
*Queen Elizabeth Hospital Birmingham, UK*



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### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
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- Structured Introduction to Surgical Skills

### Postgraduate:

- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



## Forthcoming key events:

- International Medical Summer School
- International Academic and Research Conference
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## Publications



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## Online Revision Resources

DoctorExams consists of 1000s of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. Questions are written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of topics. Based on past exams, these questions are carefully crafted to suit the requirements of undergraduate students & postgraduate trainees undertaking relevant speciality exams.

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- General Surgery Exams
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